Statistics Report 15015, Fish, cod, Atlantic, raw

Report Date: June 25, 2017 17:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points Std. Error		Min	Max	df	LB	UB	# Studies Sour	ce NDB Ref	Last Modified
Proximates												
Water	g	81.22	537	0.040						Analytic or derive fro analytic	ed m	09/1987
Energy	kcal	82								Calculate or imput		03/2009
Energy	kJ	343								Calculate or imput		03/2009
Protein	g	17.81	605	0.040						Analytic or derive fro analytic	ed m	09/1987
Total lipid (fat)	g	0.67	293	0.007	-					Analytic or derive fro analytic	ed m	09/1987
Ash	g	1.16	165	0.013						Analytic or derive fro analytic	ed m	09/1987
Carbohydrate, by difference	g	0.00								Assum-		09/1987
Fiber, total dietary	g	0.0								Assume		09/1987
Sugars, total	g	0.00								Assume		02/2003
Minerals												
Calcium, Ca	mg	16	101	1.489	-					Analytic or derive 	ed m	09/1987

Nutrient	Unit	Value Per100 g	Data Points S	td. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.38		0.031							Analytical or derived from analytical		09/1987
Magnesium, Mg	mg	32		1.273							Analytical or derived from analytical		09/1987
Phosphorus, P	mg	203	75	3.657							Analytical or derived from analytical		09/1987
Potassium, K	mg	413	49	11.091							Analytical or derived from analytical		09/1987
Sodium, Na	mg	54		3.370							Analytical or derived from analytical		09/1987
Zinc, Zn	mg	0.45	188	0.012							Analytical or derived from analytical		09/1987
Copper, Cu	mg	0.028	136	0.001							Analytical or derived from analytical		09/1987
Manganese, Mn	mg	0.015									Analytical or derived from analytical		09/1987
Selenium, Se	μg	33.1		2.412							Analytical or derived from analytical		12/1992
Vitamins Vitamin C, total ascorbic acid	mg	1.0						-			Analytical or derived from analytical		09/1987

Nutrient	Unit	Value Per100 g	Data Points	td. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.076		0.004							Analytical or derived from analytical		09/1987
Riboflavin	mg	0.065	68	0.004							Analytical or derived from analytical		09/1987
Niacin	mg	2.063	69	0.074							Analytical or derived from analytical		09/1987
Pantothenic acid	mg	0.153		0.009							Analytical or derived from analytical		09/1987
Vitamin B-6	mg	0.245		0.035							Analytical or derived from analytical		09/1987
Folate, total	μg	7									Calculated or imputed		09/1987
Folic acid	μg	0									Assumed zero		01/2001
Folate, food	μg	7									Calculated or imputed		03/2009
Folate, DFE	μg	7									Calculated or imputed		05/2009
Choline, total	mg	65.2									Calculated or imputed	15016	03/2007
Vitamin B-12	μg	0.91	55	0.051							Analytical or derived from analytical		09/1987
Vitamin B-12, added	μg	0.00									Assumed zero		09/2004
Vitamin A, RAE	μg	12									Calculated or imputed		03/2009
Retinol	μg	12									Calculated or imputed		03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	μg	0									Assumed zero		02/2003
Carotene, alpha	μg	0									Assumed zero		02/2003
Cryptoxanthin, beta	μg	0									Assumed zero		02/2003
Vitamin A, IU	IU	40									Calculated or imputed		03/2009
Lycopene	μg	0									Assumed zero		02/2003
Lutein + zeaxanthin	μg	0									Assumed zero		02/2003
Vitamin E (alpha-tocopherol)	mg	0.64			0.63	0.64	1.0			1	Calculated or imputed		03/2009
Vitamin E, added	mg	0.00									Assumed zero		09/2004
Tocopherol, beta	mg	0.00			0	0				1	Calculated or imputed		03/2009
Tocopherol, gamma	mg	0.00			0	0				1	Calculated or imputed		03/2009
Tocopherol, delta	mg	0.00			0	0				1	Calculated or imputed		03/2009
Vitamin D (D2 + D3)	μg	0.9									Analytical or derived from analytical		05/2009
Vitamin D3 (cholecalciferol)	μg	0.9									Analytical or derived from analytical		05/2009
Vitamin D	IU	36									Analytical or derived from analytical		05/2009
Vitamin K (phylloquinone)	μg	0.1									Analytical or derived from analytical		03/2009

Lipids

Nutrient	Unit	Value Per100 g	Data Points Std. Erro	or Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.131								Analytical or derived from analytical		09/1987
4:0	g	0.000								Analytical or derived from analytical		02/1995
6:0	g	0.000								Analytical or derived from analytical		02/1995
8:0	g	0.000								Analytical or derived from analytical		02/1995
10:0	g	0.000			-					Analytical or derived from analytical		02/1995
12:0	g	0.000								Analytical or derived from analytical		02/1995
14:0	g	0.009			-					Analytical or derived from analytical		09/1987
16:0	g	0.091								Analytical or derived from analytical		09/1987
18:0	g	0.030			-					Analytical or derived from analytical		09/1987
Fatty acids, total monounsaturated	g	0.094								Analytical or derived from analytical		09/1987

Nutrient	Unit	Value Per100 g	Data Points Std. Err	or N	Ain M	Лах	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.016									Analytical or derived from analytical		09/1987
18:1 undifferentiated	g	0.061									Analytical or derived from analytical		09/1987
20:1	g	0.015									Analytical or derived from analytical		09/1987
22:1 undifferentiated	g	0.003									Analytical or derived from analytical		09/1987
Fatty acids, total polyunsaturated	g	0.231									Analytical or derived from analytical		09/1987
18:2 undifferentiated	g	0.005									Analytical or derived from analytical		09/1987
18:3 undifferentiated	g	0.001									Analytical or derived from analytical		09/1987
18:4	g	0.001									Analytical or derived from analytical		09/1987
20:4 undifferentiated	g	0.022						-			Analytical or derived from analytical		09/1987
20:5 n-3 (EPA)	g	0.064									Analytical or derived from analytical		09/1987

Nutrient	Unit	Value Per100 g	Data Points Std	. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.010									Analytical or derived from analytical		09/1987
22:6 n-3 (DHA)	g	0.120									Analytical or derived from analytical		09/1987
Cholesterol	mg	43		0.969							Analytical or derived from analytical		09/1987
Amino Acids													
Tryptophan	g	0.199									Analytical or derived from analytical		09/1987
Threonine	g	0.781									Analytical or derived from analytical		09/1987
Isoleucine	g	0.821				-					Analytical or derived from analytical		09/1987
Leucine	g	1.447									Analytical or derived from analytical		09/1987
Lysine	g	1.635									Analytical or derived from analytical		09/1987
Methionine	g	0.527									Analytical or derived from analytical		09/1987
Cystine	g	0.191				-	-				Analytical or derived from analytical		09/1987

Nutrient	Unit	Value Per100 g	Data Points Std.	Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.695									Analytical or derived from analytical		09/1987
Tyrosine	g	0.601									Analytical or derived from analytical		09/1987
Valine	g	0.917									Analytical or derived from analytical		09/1987
Arginine	g	1.066									Analytical or derived from analytical		09/1987
Histidine	g	0.524									Analytical or derived from analytical		09/1987
Alanine	g	1.077									Analytical or derived from analytical		09/1987
Aspartic acid	g	1.823									Analytical or derived from analytical		09/1987
Glutamic acid	g	2.658									Analytical or derived from analytical		09/1987
Glycine	g	0.855									Analytical or derived from analytical		09/1987
Proline	g	0.630	-								Analytical or derived from analytical		09/1987

USDA National Nutrient Database for Standard Reference Release 28 slightly revised May, 2016 Statistics Report June 25, 2017 17:56 EDT Page 9 of 9

Nutrient	Unit	Value Per100 g	Data Points	. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.726									Analytical or derived from analytical		09/1987
Other													
Alcohol, ethyl	g	0.0									Assumed zero		04/1985
Caffeine	mg	0									Assumed zero		02/2001
Theobromine	mg	0									Assumed		02/2001